TORONTO metro®

NEWS WORTH SHARING.

"do you feed your chicken growth hormones?!"

KAITLIN M. *Winnipeg, MB*

"Do you use deformed chickens in your chicken nuggets?"

KURTLIN H. *Edmonton, AB*

"what is the recipe for your chicken nuggets?"

NICK R. *Ottawa, ON*

"Do you use chicken breast?"

HEATHER E. *Toronto, ON*

OUR FOOD. YOUR QUESTIONS.™

GET ANSWERS

"Why do all your "McNuggets" look exactly the same?"

BRAYDEN H. *Canada*

"is the chicken real or pink sludge"

LIAM M. *Brampton, ON*

"what parts of the chicken do you use?"

CATHERINE P. *Ottawa, ON*

"Is there any alien in the chicken nuggets?"

SEAN F. *Edmonton, AB*

"what is the recipe for your chicken nuggets?"

NICK R. *Ottawa, ON*

Our answer:
Our Chicken McNuggets are made with chicken breast and a few seasonings, along with a natural proportion of chicken skin, used for both flavour and as a binder. They're then coated in our tempura-style batter and cooked in 100% vegetable oil.

"Why do all your "McNuggets" look exactly the same?"

BRAYDEN H. *Canada*

Our answer:
Hi there, Brayden. Look closer: our Chicken McNuggets aren't quite the same. We actually have four different shapes of McNuggets – the ball, boot, bell and bow-tie. The reason that we make our Chicken McNuggets similar in dimension is to ensure consistency. Consistency of shape guarantees portion control and consistent cooking times for food safety.

"Is there any alien in the chicken nuggets?"

SEAN F. *Edmonton, AB*

Our answer:
There are no aliens in our Chicken McNuggets, Sean. Our McNuggets are made of seasoned chicken breast and a few seasonings, along with a natural proportion of skin for flavour and as a binder. The only thing out of this world about our Chicken McNuggets is the flavour.

"Do you use deformed chickens in your chicken nuggets?"

KURTLIN H. *Edmonton, AB*

Our answer:
No, deformed chickens are not used to produce any of our products.
All McDonald's chicken products are produced in a federally-registered facility. As such, the Canadian Food Inspection Agency inspects all birds processed in the facility, removing any deformed birds from the process and ensuring that they do not enter the food chain. Thanks for your question, Kurtlin.

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McDonalds.ca/YourQuestions

"what parts of the chicken do you use?"

CATHERINE P. *Ottawa, ON*

Our answer:
The delicious ones, Catherine! We use only the breast, thigh, and leg in our sandwiches and McNuggets. Here's how it breaks down specifically: For Chicken McNuggets – chicken breast and a natural proportion of chicken skin; for McChicken – chicken breast, thigh and leg; for Junior Chicken – chicken breast, thigh and leg; for Crispy McBistro – chicken breast; for Grilled McBistro – chicken breast; for Snack Wrap Chicken, grilled or crispy – chicken breast.

"do you feed your chicken growth hormones?!"

KAITLIN M. *Winnipeg, MB*

Our answer:
Hi Kaitlin. No, the chickens that are used for our product are not raised on growth hormones. The practice is actually illegal in Canada and has been since the 1960s.

"Do you use chicken breast?"

HEATHER E. *Toronto, ON*

Our answer:
Hi Heather. Yes, we use chicken breast in several of our menu items. Our Chicken McNuggets are made with seasoned chicken breast and a natural proportion of chicken skin used as a binder. Our McChicken and Junior Chicken patties are a combination of breast, thigh and leg meat. And our McBistro sandwiches are made from seasoned portions of chicken breast. You can also get chicken breast in our snack wraps and salads. All white meat. All delicious.

"is the chicken real or pink sludge"

LIAM M. *Brampton, ON*

Our answer:
Hi Liam. No, our chicken is not made from pink sludge. All of our chicken products, from our McChicken sandwich to our iconic Chicken McNuggets, are made with real chicken meat from the breast, leg and thigh. Our McNuggets also have a natural proportion of chicken skin as a binder.

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A WORKOUT WITH PUNCH

FAST & FURIOUS STAR (AND MMA FIGHTER) GINA CARANO DISHES ON THE TRAINING AND DIET THAT LETS HER KEEP UP WITH THE ROCK PAGE 13

Time to call it quits on casino?

Councillors plan to reject idea of a big downtown casino once and for all Tuesday PAGE 3

Victorious Day for Jays

Knuckleballer R.A. Dickey strikes out five in a season-high eight innings pitched, but he's still walking more batters than he'd like PAGE 22

First date dos and don'ts

With these tips from the author of Are All Guys A-holes? you may be able to have a great first date with just about anyone PAGE 18

NEWS WORTH SHARING.

Mayor can't ignore video, colleagues say

Rob Ford crack scandal. Councillors urge mayor to speak out on drug-use allegations

There will be an elephant in the council chambers of city hall on Tuesday — a video that appears to show Mayor Rob Ford smoking crack.

After a long weekend of uncharacteristic silence, the mayor is due to appear for a special meeting on the fate of Toronto's casino plans. It's his first public appearance since calling the Torstar News Service report on the video that also appeared to show Ford making a homophobic reference "ridiculous."

Ford will not be obliged to address the video at Tuesday's meeting, but some councillors are calling for him to clear the air.

"I'm urging the mayor to make an unequivocal statement about the allegations and present his side," said Coun. James Pasternak. "It is creating uncertainty in the leadership of the city. It is creating political instability, and the longer the questions keep coming, I think the more damaging it becomes."

Deputy Mayor Doug Holyday, a Ford loyalist, said Monday evening that although the meeting has only one item on the agenda, the mayor will ultimately have to broach the issue. "I think he's going to have to say more than he has, but he'll have to decide for himself."

TORSTAR NEWS SERVICE

Ford Nation reacts

At Morningside Park in the Ford stronghold of Scarborough, the video scandal seemed to be on everyone's lips over the long weekend.

- "I think it's fake," said Oscar Polanco, a Colombian refugee who's been settled in Toronto for five years. "It's all political," he said.
- "How many chances does he get?" said Andrew Jesudasan, who works in vehicle licensing. "Anyone else in a regular job would have been laid off by now."

CRY FOR HELP

A child calls to his father after being pulled from the rubble of Plaza Towers Elementary School following a tornado in Moore, Okla., Monday. Measuring nearly a kilometre wide with winds up to 320 km/h, the tornado roared through Oklahoma City's suburbs, flattening neighbourhoods and setting buildings on fire. At press time, 51 people were reported dead. Story, page 6. SUE OGROCKI/THE ASSOCIATED PRESS

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York U. Students take 'comic' approach to sexual violence

York University design students are using comics to tackle an issue that doesn't usually get the funny-pages treatment: Sexual violence. As part of their Design for Public Awareness class, the students created 12 graphic-art projects that address sexual assault. In one comic, called In a Tight Situation, Superman sits with his hands covering his face, and a speech bubble above him reads: "I shouldn't have worn such tight clothing! I was asking for it … It's all my fault."

"We wanted to use the power in these heroes to comment on how people view sexual violence," said student Helén Martin, adding it's meant to be an ironic take on victim-blaming.

TORSTAR NEWS SERVICE

Teacher supply jobs

Hiring rule will cause havoc: Boards

A change to a rule governing the hiring of teachers will force school boards to interview thousands of applicants for long-term supply jobs, not just the ones they select, some boards complain. Education Minister Liz Sandals says the change was made to clarify the original intent of the rule, that teachers with 20 days' experience on the job "shall" get an interview, not "may" get one, as it initially stated. TORSTAR NEWS SERVICE

Liz Sandals
TORSTAR NEWS SERVICE

Scores head to the Beach for fireworks spectacular

Thousands of people flocked to Ashbridge's Bay to enjoy Monday night's pleasant weather before the Victoria Day fireworks display. The big show began after sunset with more than 2,000 fireworks. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Councillors hope to bury 'essentially dead' casino

Council vote. Plan is to reject downtown gambling den on Tuesday

A big downtown casino may be "essentially dead," but many city councillors want to drive a stake in its heart.

They hope a solid majority of the 45-member city council will do that by voting to reject a casino during a special meeting on Tuesday.

Mayor Rob Ford had originally called the meeting and wanted council to vote yes for a casino, after touting for months the "10,000 good-paying jobs" he said it would bring.

Ford changed his mind and cancelled the meeting in the face of councillor opposition and news the city would get $53.7 million a year for hosting the facility, far short of the minimum $100 million he wanted. He declared the "casino debate essentially dead."

Not so fast, said anti-casino councillors, who revived the meeting, after a majority said they wanted one. Their purpose is to vote down the casino once and for all, leaving no confusion about council's position.

There's a feeling in city hall circles that no issue is truly settled until there's a debate and unequivocal vote at council. In this case, the issue is so important that council needs to make a statement, said Coun. Mike Layton, who is against the casino.

Quoted

"The province has asked for a decision from us, and that's what I'm prepared to give them."

Coun. Mike Layton, who is against the downtown casino and wants the issue settled once and for all

Ford and his brother, Coun. Doug Ford, had been avid casino boosters, using their weekly radio talk show to tout benefits claimed by casino backers.

Council opponents and grassroots opposition dismissed such talk as hype from the army of lobbyists hired by Nevada-based casino giants. Naysayers argued that social and economic harm would outweigh any benefits.

The mayor said he backed whatever proposal would bring the most revenue to the city. Ford allies such as Coun. Michael Thompson repeatedly said the city's share of casino revenues should be at least $100 million a year.

TORSTAR NEWS SERVICE

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Luis, 42, accountant, single father with one child

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James Crumpton, one of Medieval Times' falconers, with Dervish, a Lanner falcon, at Medieval Times in Toronto.
TORSTAR NEWS SERVICE

They swoop to conquer

Sir William. James Crumpton is only 20 but he feels he has the dream job of a lifetime — a falconer at Medieval Times

While his friends don suits, casual wear or denim to go to work each day, James Crumpton's on-the-job clothing is quite a bit more old-fashioned: A brown leather knee-skimming jerkin and tall boots.

Crumpton may be only 20 but he already believes he has his dream job, one he sees himself doing forever: Being a falconer at Toronto's family dinner theatre, Medieval Times, which puts on 385 shows a year.

"I've always thought this is the coolest job in the world," he says while a falcon named Dervish perches on his left hand, which is encased in a leather gauntlet.

Crumpton has just finished a matinée performance for school kids at Exhibition Place and he's relaxed and seems comfortable, even though his arm is outstretched.

Protection is vital. A Lanner falcon's "talons have 15 pounds of crushing power — if they start digging into your skin, you're going to need some stitches," says Crumpton.

He speaks with an enthusiastic knowledge about his "friend" Dervish and the other four female falcons handled by his character, Sir William the falconer.

The falcon facts and lore that spill forth during an interview come from the heart. That's what happens when you fall in love. And Crumpton fell hard for the birds when he was about 11 and first came to Medieval Times with his mother, who worked there as a bar supervisor.

"I found out they were doing falconry. At the time I never heard of it ... but I saw the falconer do his part of the show. And I was so fascinated that I just decided I wanted to be a falconer."

TORSTAR NEWS SERVICE

Mmm... quail

A falcon is motivated by food and goes after the lure swung by the falconer, flying over the heads of the audience in a figure eight. At a certain point the bird catches the lure and is rewarded with a yummy morsel of quail.

West-end T.O. barbecue

Man shot dead with rifle: Police

A 67-year-old man has been charged with murder after police say an argument at a Toronto barbecue turned deadly.

Police say 35-year-old Quincy Ramirez was shot and killed Sunday during a party in a backyard at 295 Ossington Ave.

Edwin Parkinson is charged with first-degree murder. THE CANADIAN PRESS/CFRB/680NEWS

Underpass Park

Man dies in bicycling accident

A 35-year-old man is dead after an early morning bicycling accident at a Toronto skateboarding park.

Police say the man suffered head trauma when his bike went over the edge at Underpass Park (at Eastern Avenue and Lower River Street) in the city's east end just before 4 a.m.

It's not clear if he was wearing a helmet.

THE CANADIAN PRESS

Vaughan Mills Park

Abduction attempt? Maybe not: Police

Police say what they were treating as the attempted abduction of a toddler in Vaughan may not have happened. Earlier Monday, investigators said a man tried to snatch a two-year-old boy at Vaughan Mills Park. But they're now questioning whether there was an abduction attempt. Police say the man "may have had an interaction" with the child.

THE CANADIAN PRESS

Making room for affordable housing

Condo developers.
Affordable rental units can be traded for added height and density

With more than 70,000 households languishing for years on Toronto's affordable-housing wait list and few public dollars available for new construction, the city is turning to its burgeoning condo market for help.

A half-dozen condo developers have signed deals with the city and non-profit housing providers to offer low-income families and individuals affordable rental and ownership units in their buildings.

Proposed amendments to Toronto's Official Plan to be debated by city council next month are designed to encourage more developers to play ball.

The changes come in the wake of a provincewide campaign trying to put affordable housing back on the political agenda, as low-income families and individuals struggle to pay rent in the shadow of hundreds of pricey downtown condominium towers.

"It's not a solution to the housing crisis," said Coun. Adam Vaughan.

"But in the absence of a real national or provincial housing program, we're going to have to find a thousand other small inventions to try and see what works and what can be done.

"If one day Ottawa or Queen's Park decide to get engaged, we'll be ready to roll out these policies and models and deliver the housing we need."

Some condo buyers may balk at investing in a building that includes units for low-income people for fear it will depress property values.

TORSTAR NEWS SERVICE

Coun. Adam Vaughan says affordable rental and ownership units will prevent downtown from becoming a "vertical suburb." KEITH BEATY/TORSTAR NEWS SERVICE

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Green thumbs sprout

Shoppers take advantage of the long weekend to visit Floral Express Flower Market in Mississauga. The warm weather brought thousands of eager green thumbs out to garden centres. TARA WALTON/TORSTAR NEWS SERVICE

Will HOT lanes help congestion?

Premier Kathleen Wynne is committed to giving them a try. But the Ontario NDP says high occupancy toll (HOT) lanes are a boondoggle in the making. The revenue they produce doesn't justify the expense of building them, according to NDP transportation critic Rosario Marchese.

Experts say their ability to manage congestion can be worth the investment, given the productivity that traffic is sucking out of the area's economy.

HOT lanes are free to cars with more than one occupant just like the HOV lanes on highways 403, 404 and the QEW. Converting them to HOT lanes, however, means single-occupant cars are also allowed to use them — for a price.

They have two key benefits: First, nobody is forced to pay a toll. Second, all lanes of traffic benefit from faster speeds if the pricing and volume of cars is managed properly. That's a big "if."

Most make enough money to cover their operating costs, according to Ed Regan of CDM Smith, a giant American engineering consultant, who has worked on many managed-lane projects.

Metrolinx report

$250M

HOT lanes could bring in as much as $250 million per year if and when the government acts on its plans to more than double HOV lanes in the region.

The NDP's Marchese says the Liberal government should be looking at ways to make the existing HOV lanes more effective and its approach of lumping HOT lanes in with other taxes and charges to pay for transit expansion is wrong.

Existing lanes probably wouldn't raise more than $45 million, says the KPMG report for Metrolinx.

The projections are unimpressive, given that the provincial agency says the region needs to invest $2 billion annually in transit expansion, Marchese said.

TORSTAR NEWS SERVICE

Monstrous tornado rips through Oklahoma City suburb; scores dead

Tragedy. Tornado warnings posted all the way from Texas to Illinois in wake of deadly twister

A tornado of rare power roared through an Oklahoma City suburb, killing at least 51, flattening neighbourhoods with winds of up to 320 km/h and destroying at least one school. Officials said children were among the dead.

The death toll was expected to rise, an Oklahoma Medical Examiner's Office spokeswoman said. Rescuers swarmed the debris as darkness fell.

More than 140 people were being treated at hospitals, including about 70 children. Some were in critical condition.

"Hearts are broken" for parents looking for their children, Gov. Mary Fallin told a news conference.

The ferocious storm — less than one per cent of all tornadoes reach such wind speed — ripped through the suburb of Moore in a Midwest region of the U.S. known as Tornado Alley.

Block after block lay in ruins. Cars and trucks were left crumpled.

The National Weather Service estimated that the tornado reached up to a half-mile (0.8 kilometres) wide and was an EF-4 on the enhanced five-point Fujita scale, the second-most powerful type of twister.

In video footage, the dark funnel cloud moved slowly across the landscape for more than half an hour, scattering shards of wood, pieces of insulation, shingles and glass over the streets.

The focus quickly turned to Plaza Towers Elementary School, where the storm tore off the roof, knocked down walls and turned the playground into a mass of twisted plastic and metal.

Several children were pulled alive from the rubble. Rescue workers passed them down a human chain to a triage centre in the parking lot.

James Rushing, who lives across the street, heard reports of the approaching tornado and ran to the school, where his five-year-old foster son, Aiden, attends classes. Rushing believed he would be safer there.

"About two minutes after I got there, the school started coming apart," he said.

Dangers remained. Downed power lines and open gas lines posed a risk Monday night, Police Capt. Dexter Nelson said. Television footage showed at least one fire in the debris.

THE ASSOCIATED PRESS

Kay James holds her cat as she sits in her driveway after her home was destroyed by the tornado that hit the area on Monday in Oklahoma City, Okla. CHRIS LANDSBERGER/THE OKLAHOMAN/THE ASSOCIATED PRESS

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Elijah Harper. Mourners salute MP who blocked the Meech Lake accord

Elijah Harper THE CANADIAN PRESS

Hundreds lined up inside the Manitoba legislature on Monday to pay their respects to Elijah Harper, the aboriginal politician whose quiet but firm resistance to the Meech Lake constitutional accord became a symbolic moment for indigenous rights.

"He gave us all inspiration to know that it's OK to say no sometimes," says Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs.

Young and old made their way past the casket, adorned with a Manitoba flag and an eagle-feather headdress. Nearby were portraits of Harper with an eagle feather in his hand, similar to the one he held in 1990 when he denied the unanimous consent needed to rush the accord through to final approval.

Harper was elected chief of Red Sucker Lake in the late 1970s and elected to the Manitoba legislature in 1981. He was in the NDP opposition benches during the federal government's 1990 attempt to enact the Meech Lake accord, crafted to win Quebec's signature on the Constitution.

Harper believed the deal gave his people short shrift.

"He stood firmly in his identity, in his roots," Shawn Atleo, national chief of the Assembly of First Nations, told reporters on Monday.

"Those of us that are younger, we continue to stand in the shadow of great moments like that."

THE CANADIAN PRESS

Mexico. Canadian and his American friend vanish — families fear kidnapping

Mexican media outlets are reporting that a Canadian and an American have gone missing from the resort city of Puerto Vallarta.

The online newspaper Noticias PV says Diego Hernandez, a Canadian martial-arts instructor, and his friend Craig Silva vanished on May 8.

The paper says Puerto Vallarta's director of public safety, Silvestre Chavez, didn't learn of the men's disappearance until five days later and has launched an investigation.

A Facebook group that aims to collect tips about the men's whereabouts says their families fear it was a kidnapping.

It says the pair were last seen in Silva's truck, a black 2003 Chevy Trailblazer, which has since been recovered by Mexican authorities.

THE CANADIAN PRESS

Indict Mr. Wright and cuff the Duff?

Senate expenses scandal. NDP calls on Mounties to inspect the legality of $90,000 gift

Sen. Mike Duffy left caucus on Thursday, but troubles haven't ended for the Tories. SEAN KILPATRICK/THE CANADIAN PRESS FILE

The federal New Democrats have asked the Mounties to determine whether Prime Minister Stephen Harper's former right-hand man broke any laws by cutting a personal cheque to cover an embattled senator's improper housing expenses.

The NDP's ethics critic, MP Charlie Angus, wrote to RCMP Commissioner Bob Paulson on Monday asking the force to look into the actions of Nigel Wright.

Wright abruptly quit his job on Sunday as Harper's chief of staff, days after it emerged that he gave Sen. Mike Duffy $90,000 to repay his housing claims.

Angus says the gift may have broken the law. He added that Harper had a duty to explain to Canadians just what happened.

"We haven't heard the prime minister say that a secret cash payment to a politician is wrong, and whether the prime minister knew, at what point he knew. He must have known something," Angus said.

"Because if it happened under his watch and he did nothing about it, that would be absolutely shocking."

Harper is expected to address the Conservative caucus on Tuesday morning before departing to South America for trade talks.

Wright's resignation followed that of Duffy, who left caucus on Thursday facing a potentially humiliating showdown with his Senate colleagues. Colleague Pamela Wallin, who is facing her own expenses audit, also stepped down on Friday.

The ethics commissioner is also looking into Wright's repayment of Duffy's expenses. THE CANADIAN PRESS

#damagecontrol

At least one Tory MP tried to put an optimistic face on a week that saw Harper lose two Conservative senators and his top aide.

- "Our govt has the highest ethical standards demonstrated by 3 resignations: 2 from Senate caucus & the PM chief of staff," Joan Crockett wrote on Twitter.
- "Those whose actions don't stand up to scrutiny, resign. Unlike the opposition. It's a clear demo of accountability folks from some other parties could emulate. #liberals"

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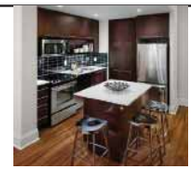

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Yahoo buys Tumblr, CEO makes promise not to 'screw it up'

Social media. Deal is biggest move of Marissa Mayer's 10-month reign

Tumblr founder David Karp speaks at TechCrunch Disrupt NY 2013 on May 1 in New York City. Yahoo has bought Tumblr, but says Karp will remain in control of the social media service. BRIAN ACH/GETTY IMAGES FOR TECHCRUNCH

Yahoo is buying online blogging forum Tumblr for $1.1 billion US as CEO Marissa Mayer tries to rejuvenate an Internet pioneer that had fallen behind the times.

The deal announced Monday is Mayer's boldest move since she left Google 10 months ago to lead Yahoo's latest comeback attempt. It marks Yahoo's most expensive acquisition since the Sunnyvale, Calif., company bought online search engine Overture a decade ago for $1.3 billion US in cash and stock.

While hailing Tumblr as a fount of creativity that attracts 300 million visitors each month, Mayer told analysts Monday that she is "making a sincere promise to not screw it up." David Karp, a high-school dropout who started Tumblr six years ago, will remain in control of the service in an effort to retain the same "irreverence, wit and commitment to empower creators," Yahoo said.

Karp, 26, may now have a managerial mentor in Mayer, 37. Tumblr, which will remain based in New York, has about 175 employees while Yahoo has 11,300 workers.

THE ASSOCIATED PRESS

Viewing habits. Netflix CEO's take on TV

Netflix CEO Reed Hastings is standing in line at a bustling Toronto coffee shop, summing up a speech he's set to deliver later in the day on the future of television, when he spies an example of his vision that's so perfect it almost seems planted by his PR team.

Smiling, he points to a young couple oblivious to their surroundings in the crowded café. They're snuggled together behind a laptop, sharing a pair of earbud headphones, and engrossed in a video they're streaming via the in-house Wi-Fi.

"People look to Netflix when they have some time to relax, some time to kill and want some stimulation, and that's not limited to the living room at 8 p.m.," Hastings later says in an interview. "What's great about an Internet service, whether it's YouTube or Netflix, is you can (use) it on many different platforms — that's really where TV is going."

Netflix recently published a letter to shareholders outlining how the firm believes it will thrive at the expense of conventional broadcast TV.

THE CANADIAN PRESS

Arrested Development

- **The Canadian Press:** "Arrested Development fans have May 26 circled on their calendars and many will likely try to watch all 15 new episodes in the same day. Does it matter to you how quickly fans get through the new episodes?"
- **Reed Hastings:** "It does. We do a lot of research on what people are watching, what they're enjoying.... (Seasons) 1, 2 and 3 had an incredible passion index. Once (viewers) get into it they're like, 'More and more and more!'"

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Twitter tussle. Couple sues over use of microblogging handle

A central Idaho couple is suing the Sun Valley Co. and Twitter Inc. in an attempt to bar the resort from using the Twitter handle @sunvalley.

Leonard Barshack and Erin Smith also said the San Francisco-based company should return the handle to them because they had been using it for about three years and weren't impersonating the Idaho resort.

The Idaho Mountain Express reports the resort sought to use the handle in October.

The Sun Valley logo as it appears on the resort's Twitter account. TWITTER

That's when Twitter sent Barshack an email, saying he was in violation of Twitter's rules.

"At that time, Twitter gave the following reason for the suspension, 'We have received a valid report and determined that your account, @sunvalley, is engaged in non-parody impersonation," according to the Barshack's complaint, filed earlier this month in Idaho's 5th District Court in Blaine County.

But Barshack contends he never impersonated Sun Valley and only periodically sent messages, or tweets, since registering for the handle around April 2010.

THE ASSOCIATED PRESS

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WHY CAN'T WE ACCEPT PRAISE?

SHE SAYS

Jessica Napier
metronews.ca

There's a fine art to accepting a compliment graciously. Most people have a tendency to offer up self-deprecating responses rather than acknowledging positive feedback.

Here are a few actual examples that I've overheard in real life:

" Your new haircut looks fantastic. "Seriously? You don't think it's too short? It's definitely too short; I look like a boy."

"I love your new dress." "Oh, I just found it on a rack at Value Village. I swear I only paid $5.99 for it."

"Congratulations on finishing med school!" "Thanks but I have no idea how I pulled that off. I'll probably accidentally sever off an arm or stitch someone's mouth shut in, like, the first week."

Now there's nothing wrong with a little modesty, but it can be problematic when we're constantly deflecting flattery rather than recognizing our own hard work.

In my experience, it seems that women are far more likely than men to rebuff positive attention with a dismissive hand wave or a reciprocal "no you're so great" comment. We've been socialized to value lady-like decorum over boastfulness and as a result, we have a hard time owning up to our talents and achievements.

I rarely respond to compliments in an appropriate manner. I know that I should reply with a heartfelt "thank you" but I'm far more likely to fall back on a sarcastic retort or a "thanks BUT (insert qualifying statement that undermines my success in some way)." I'm working on my graciousness because I know how annoying I'm being when I act like this.

Recently, a friend invited me over to her apartment for a small dinner party. I spent a large portion of the evening remarking on how delicious the food was, but she repeatedly brushed me off and insisted the meal was so easy to prepare that even the biggest kitchen klutz could recreate it. Here was this culinary whiz acting as if she had simply toasted a slice of bread and making me feel foolish for lavishing her with praise.

It sucks to be on the receiving end of a snarky retort when you're trying to offer up kudos for a job well done. I know how frustrating it can be when someone refuses to take admiration seriously or gives you a dismissive eye-roll and yet that doesn't stop me from doing the same thing.

While it might make us feel uncomfortable to acknowledge our own awesomeness, I think it's an important skill to learn. People are usually being genuine when they pay you a compliment and it's only polite to respond in a sincere and courteous manner. Besides, we all deserve to be proud of ourselves and toot our own horn every once in a while.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Sky's the limit for this photog

STEPHANE VETTER/TWANIGHT.ORG

Northern Lights take top award

For the onlooker, a wintry cascade, starry Milky Way and aurora borealis spells a triple treat.

This panoramic image at Iceland's Godafoss waterfall is the overall winner at the 2013 Earth & Sky contest run by The World At Night (TWAN), a project that showcases night-sky photography while underlining the need to prevent light pollution. **METRO**

Q and A

'Make sure to have your feet on the ground and head in the stars'

STEPHANE VETTER
Doctor and amateur photographer, 50

How did you capture this photo?
To photograph something as broad as the aurora, you need to make a panoramic image. So I took four vertical images and later joined them together on a computer program. Each photo had an exposure time of 15 seconds and the entire panorama took less than two minutes to take, but I had to wait three hours for the Milky Way to be near the horizon.

What lasting impression should we take from this?
Make sure to have your feet on the ground and head in the stars. People have lost their relationship with nature, so we must reconnect. **METRO**

Quoted

"This photo has many winning elements: The Earth-sky connection, beautiful stars and outstanding phenomena like the aurora borealis."

Babak Tafreshi, founder and director of The World at Night (TWAN)

Click bait

GETTY IMAGES

The world became a little weirder when Google Glass was unveiled. The augmented reality glasses allow you to do everything your smartphone can do, without having to touch a screen. It's promised to be released by early next year, but comes with a slew of emerging competitors. Watch for these products to launch soon, or fail.

Telepathy One
This device comes with a focus on social media and in its early phase only has a few apps, but among them is the Manga Camera, which converts photos into cartoons that can be posted to Tumblr.

Recon Instruments' Jet
This device is more Robocop-looking than the others, and is targeted to sporty-types looking to measure distance and speed travelled while skiing, for example, and capture video while doing it.

Lumus prototype
The display on this emerging technology utilizes your entire field of vision, but is limited to email, text and web. METRO

Comments

RE: Harper To Be On Hot Seat At Tuesday Caucus After Chief Of Staff Quits, published online May 19

Tsk, tsk, tsk. The Tories are throwing themselves under the bus, again, just like the good old days.

Prime Minister Stephen Harper's appointments are turning into a cement anchor just as the suddenly badly listing Tory ship is looking for a safe harbour to steam towards — and a new captain to get it there. Harper should resign. Tsk, tsk. tsk.

Meanwhile, it looks as though new Liberal Leader Justin Trudeau won't have to do or say a thing between now and the next election to be elected prime minister.

Rudy Haugeneder posted to metronews.ca

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DVD reviews

Stories We Tell

Director. Sarah Polley

●●●●●

Actor/director Sarah Polley's personal documentary is extraordinary in every way, from its post-modern structure to the raw emotion of its carefully revealed family secrets. Stories We Tell isn't just about any family, but Polley's own. She and her loved ones summon the necessary courage not only to delve into extremely difficult subjects, but also to face up to life-altering consequences. Seeking definitive answers for long-whispered family rumours, and using her film as an investigative tool, the Toronto filmmaker unearths a blunt fact: Michael Polley, the man who raised her since her 1979 birth and whom she still calls Dad, is not her biological father. Stories We Tell is as direct as a blood transfusion. It's a film of fact, remembrance and forgiveness, with no clear path. You just have to trust in Sarah Polley's steely determination and follow her relentless lens. In a word: wow.

PETER HOWELL

The Hangover Part III opens this Friday. HANDOUT

From Dr. Jeong to Mr. Chow

Fixing funny bones. Ken Jeong's comedy began as a hobby, but after some big roles, his success is beyond anything he ever imagined

RICHARD CROUSE
scene@metronews.ca

"I honestly don't think my career will get any better than this," says Ken Jeong. "I think I've peaked."

Jeong returns in The Hangover Part III as Mr. Chow, the violent gangster with a heart of gold. Or at least fool's gold.

"He's a villain who likes to laugh," says Jeong. "Mr. Chow changed my life," he says.

"He opened up a new world for me and I was able to work a lot as an actor because of the first Hangover. Now this is the biggest role I've ever had, in the part that I'm most well known for. You can't ask for better than that.

"This is beyond anything I ever expected. When I quit my day job as a doctor I just wanted to be a working actor. I just wanted to have lines in movies. That's all I ever wanted."

Before finding fame as an actor, Jeong lead a double life — practicing medicine during the day and doing standup at night.

"I wasn't trying to keep (the two lives) separate, like Clark Kent separate," he says.

"It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine. Work hard, play hard mentality."

These days he is in touch with some of his former patients.

"I have patients that I email with or keep in contact with on Facebook and they're always happy for me because I wasn't a wacky, schticky guy when I was a doctor.

"I was pretty intense and pretty serious.

"The stuff I get now from my patients is, 'We're just so happy you have an outlet. You were just so serious. We thought you would explode.'

"When they found out I did standup comedy back in the day when I was practising medicine they'd say, 'I'm so happy for you. You've finally found a way to channel all this stress out.'"

The Hangover Part III is the finale of the series, but Jeong would like to see Mr. Chow go on more adventures.

"Mr. Chow, and I'm not saying this because I'm promoting the movie, is my favourite character," he says. "The spectrum of imagination on that character is so wide.

"I would love to see him in any situation and see what he would say or do. I would love a Chow spin-off. I love that character so much."

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Kristen Stewart. ALL PHOTOS GETTY IMAGES

Twilight twosome splits, but sources say it won't be for too long

Kristen Stewart is reportedly "heartbroken" and "so sad" over the breakup with longtime boyfriend Rob Pattinson over the weekend, according to E! News. But sources close to the newly ex-couple are still optimistic the split is only temporary. "They are going to stay living at Kristen's house because of the dogs," a source says. "It's not fully over or he would have moved out. They will be back together in no time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Walters, wolves and a weight watch? What a week!

STARGAZING
Malene Arpe
scene@metronews.ca

Barbara Walters announces she's retiring. Unfortunately for Barbara, due to Angelina Jolie's news, this was not the most fascinating announcement of the week.

Kristen Stewart's mother Jules gets a restraining order against a weird neighbour who insists Jules keeps wolves in the house and keeps harassing her about it. Well, if anything, that would explain where Taylor Lautner has been since Twilight ended.

Seth Meyers is set to take over Late Night when Jimmy Fallon takes over The Tonight Show from Jay Leno, who took over from Johnny Carson. "Whew," say women and people of colour, "we dodged another one."

Allure Magazine prints Zoe Saldana's weight on the cover. That's a good editorial decision, because the fact that Zoe is now a star of three major movie franchises is, like, so whatever.

Demi Lovato says her tour rider calls for incense, pickles and instant ramen. Add mayonnaise and that's pretty much a list of all the worst things in the world.

Curry back to us! NBC seeks to suck up as Angelina asks for only Ann

NBC is looking to smooth things over with Ann Curry, the Today show co-host that was unceremoniously dumped from the show last summer, in the hopes that she can score the first sit-down interview with Angelina Jolie following the actress' revelation that she underwent a double mastectomy, according to Radar Online.

"Angelina made it known after Ann was demoted from Today that the only journalist to interview her from the Peacock network would be Curry," a source says. "Ann would be prominently featured in all of the promotions and publicity if Angelina agreed to do it." Looks like it's time for the network brass to make nice with Curry.

Twitter

@justinbieber
I love music, my fans, my family, my friends.. And I love The Lord

@channingtatum
"Go where you are celebrated – not tolerated. If they can't see the real value of you, it's time for a new start." – Unknown

@lenadunham
"Under the right circumstances, I'd love to murder someone" -- something I'm glad I've never said in an interview

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Fighter gets Fast and Furious

Interview. Mixed martial arts pro Gina Carano stars in the sixth instalment of the popular action flick and talks about training and diet rules

ROMINA McGUINNESS
life@metronews.ca

Gina Carano can beat you in a fight. Deal with it. HANDOUT

Gina Carano as Riley in Fast & Furious 6. GILES KEYTE

You're a tough chick but you look almost petite next to the Rock. What did you do to assert your dominance?
I just fed off his energy. It's kind of an intimidating thing, the size difference. But he's such a lovely person. It just made me want to mirror that kind of energy.

He's big but lovable. Does the guy get manicures between takes? Or does he try to act tough?
He's very mysterious. I'd like to say he's a big softie but he takes himself seriously.

What do you do to stay in shape?
I train everyday. I do Muay Thai and Jiu-Jitsu. You go through phases when you're training: you start out and you're like, "This is brutal." Then you're laughing and think, "This is ridiculous!" By the time you pull it together you get a second wind and you get focused and it's just the best feeling.

All that kicking and punching, you must need a lot of fuel to keep going. What's your diet like?
It's been a long road to get here but I have a very healthy relationship with food. I'm just normal. You go through ups and downs of figuring out how your body responds to food but sometimes you have to cheat and eat some pasta you know? When you start putting too many rules on something you get a bit anal about it and it's counterproductive.

Your co-star Michelle Rodriguez looks like the kind of girl that doesn't take anything. Were you on guard when you first met her?
She is feisty. I've been around feisty people my whole life, so I didn't have any expectations. I gave her a chance to be exactly who she is. We had great chemistry — she's the first actress I've ever worked with physically.

You guys fight a lot in the movie — is it all for real or stunt doubles?
I do all my own stuff but she's quite tiny. I grabbed her wrist to handcuff her and I was like, "What!" She has the tiniest little wrist I've ever seen. But if you don't walk away with some pain, you don't feel like you did your job.

You've worked with both Channing Tatum and Michael Fassbender. Now, girls have obsessed over Channing's abs in Magic Mike and Michael's bum in Shame. You've actually seen them both, up close. What would you score their assets, out of 10?
He's known for his bottom? I respect them too much to rate that. Channing has worked so hard to be taken seriously and Michael is just automatically taken seriously.

Most guys like the fact they're the stronger one — physically — in a relationship. But you're a martial arts expert and could probably beat the heck out of anyone. How has this affected your romantic relationships?
You don't know any of my ex-boyfriends. They could have been strong. My ex-boyfriend got me into Muay Thai and we would go to the gym and spar. But my relationships are private. I don't want to talk about him.

Do you ever look at people and think, "I could totally kick your butt."
If you don't like someone, of course you have that kind of thought sometimes. You kind of get violent fantasies and then you're like, "Wow! why did I do that?"

Your last professional fight ever. Who would you want to be up against and why?
The person I lost to: Cyborg. You always want to avenge that.

Give it everything

"Hold (your) arm straight up and bring your hand, held upright, close to your body. Close your fist tight and make sure you have a strong wrist. Bring your strength up through your feet, through your hips and put your body into it. You want to have a small target, so try to focus on the first two knuckles. Now give that everything."

Gina Carano
On how to throw a punch.

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LINDA LABAN
Metro World News

Simply put — allergies blow. ISTOCK PHOTOS

Asthma and Allergy Foundation of America ambassador Robin Wilson is a New York City-based designer who heads Robin Wilson Home (their clients include former president Bill Clinton). Wilson gives us tips on creating a low-allergy inner sanctum — and that includes cutting chemical exposure, which makes the body more sensitive to reactions.

Bed
"You go out into the sun on a daily basis, but if you sit in it for six hours you'll get a sunburn. It's the same with sleeping on a toxic mattress. If you spend a third of your life sleeping, you're spending a third of your life absorbing toxins. Cheap mattresses are sprayed with boric acid: That's roach killer! Buy the most expensive mattress you can. Dust mites collect in your mattress and pillow. Change pillows every three years, wash them once a year and choose synthetic pillows, not down-feather ones: Feathers trigger allergies."

Bath
"Choose a nylon shower curtain, not a vinyl one. Nylon doesn't off-gas and it's more mould-resistant and washable. Check and replace caulking once a year. Flushing the toilet sends microscopic water droplets throughout the bathroom every time you flush. That means mould and E. coli might be landing on your toothbrush, so put the lid down before flushing."

Beyond
"Your floors and walls are the largest surfaces in your home. Use non-VOC paints that won't off-gas. Replace wall-to-wall carpeting with carpet tile, which can be cleaned properly. Use cotton-backed, not vinyl-backed rugs — they trap less dirt and dust. Use white vinegar to clean fridge pans and add it to the soap compartment in your dishwasher. Run it while empty."

Is your home an allergy nightmare?
"If your allergies clear when you go (on vacation) and then when you get home you start feeling 'blargh' again, then your environment is full of triggers," says Wilson. "Two easy tips: Every 60 days, freeze your child's stuffed animals in sealed bags to kill dust mites. Also, whenever you walk into your home, take off your shoes to prevent the outside world from coming in."

Best Health

Broccoli sprouts are the new kids on the block. ISTOCK PHOTOS

New takes on healthy food options

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health Magazine regularly showcases the health benefits of foods that you might not know a lot about. Here are a few of the latest that registered dietitian Matthew Kadey rounded up in the May issue:

Black beluga lentils
Green lentils are a great source of fibre, protein and folate. But the black beluga type, which are smaller and have black skin, have anthocyanins — the same potent antioxidant found in blueberries and blackberries. Anthocyanins help stymie free-radical cell damage, offering protection from diseases such as cancer and heart disease.

Quinoa flakes
Similar to quick-cook oats, quinoa flakes cook in boiling water in just a couple of minutes. They are faster cooking than quinoa; the flakes are made by passing quinoa through rollers to flatten them. Billed as a super-food and a complete protein, quinoa has a range of benefits including iron, phosphorus, folate and magnesium. And, it's high in fibre.

Broccoli sprouts
You've heard of alfalfa sprouts, which are great for you, but there's a new kid in town. Broccoli sprouts, which are very young broccoli plants, contain up to 100 times more of the phytonutrient sulforaphane than broccoli does. This has been shown to have strong cancer-preventing effects.

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ADVANCING GENERICS

Sunshine, lollipops and Jenna Ushkowitz

Interview. Glee actress writes about optimism, positivity and choosing to be happy, even when life is hard

ALEXANDRA CAVALLO
Metro World News

Is happiness something that happens to you, or something that you make happen? If you ask Glee's Jenna Ushkowitz, she'll tell you it's the latter. In fact, she's written a book on finding your own glee through the power of positive thinking.

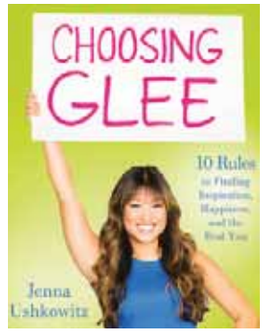
Choosing Glee: 10 Rules to Finding Inspiration, Happiness, and the Real You is part memoir, part self-help tome and all motivational. The book is Ushkowitz's way of giving back.

"I like to think that positivity is a choice, and you wake up and make a conscious decision," says the 27-year-old actress.

And though she admits, "I've never been through any really dark times where I hit rock bottom," she is convinced that her way works. Here, she tells us why we should have a sunnier disposition.

What's this book about?
It's 10 rules that I live by. I like to think that positivity is a choice. I wanted to share that with my fans. There are people who feel that they're the victim. You can turn that around, and change your outlook.

But what about somebody who isn't as fortunate?
You make it a choice, and every day you wake up and say, "Today I'm going to make the best of every situation and look at every situation with the glass half full." After awhile, it sort of becomes subconscious and a way of life. It's like a diet. People always say, "Oh, I'm going to diet for this amount of time." Well, it's actually a lifestyle change you need to make.



What goes around...

"Everything happens for a reason. I believe that what you give to the world, the energy that you give to the world, is what you get back. And it will come back to you if you're not good to it."
Jenna Ushkowitz
On her personal philosophy on karma

Can you think of a recent time when you had to make that choice?
I did a pilot, and it got picked up, and I was all excited. And then I got this phone call that they were going to recast me. The first thing I thought was, "Oh, well I'm not a good actor. I'm fat; I'm ugly; they hate me!" And then you turn around and say, "You know what? It wasn't meant to be." And it turned out that the reason was that I was too young. So I went to my friends and we vegged out and did our thing, it's like a breakup. But then you get over it. I then went on to book Spring Awakening and Glee. So you have to look at it like, I wouldn't have been able to experience those things.

Glee's Jenna Ushkowitz wants to motivate you. GETTY IMAGES

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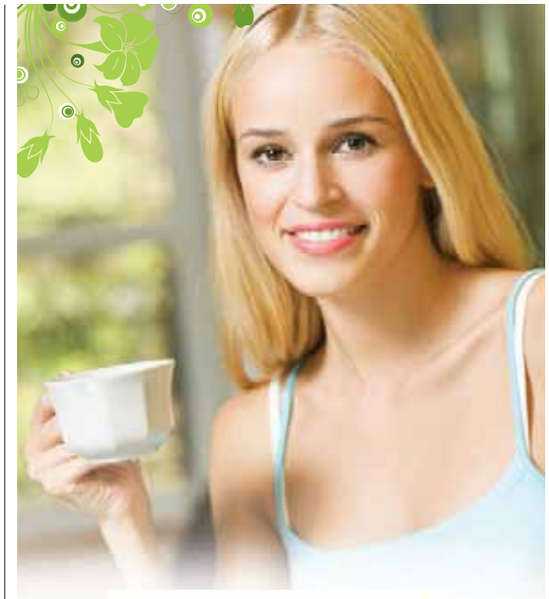
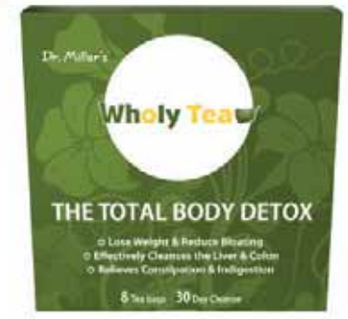
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Picnic pick: Pesto Potato Salad

This salad serves eight to 10. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Traditionally, potato salads are made with loads of mayonnaise, sour cream or oil. My lighter version has a delicious pesto sauce with some crunchy vegetables. It goes great as a side for any barbequed items.

1. Put potatoes in saucepan with cold water to cover; bring to a boil and cook for 20 to 25 minutes, or until easily pierced with a sharp knife. Drain and set aside.

2. Meanwhile, put basil, olive oil, pine nuts, Parmesan, garlic and salt in food processor; process until finely chopped. With the processor running, gradually add stock through the feed tube; process until smooth.

3. In saucepan of boiling water or microwave, blanch snow peas for 1 or 2 minutes, or until tender-crisp; refresh in cold water and drain. Place in large serving bowl, along with pesto, red onions, red and green peppers, corn, green onions, pine nuts and lemon juice. When potatoes are cool enough to handle, cut into wedges and add to serving bowl; toss well to combine. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 2 lb scrubbed whole red potatoes with skins on

Pesto

- 1 1/4 cups fresh basil leaves
- 3 tbsp olive oil
- 2 tbsp toasted pine nuts
- 2 tbsp grated Parmesan cheese
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup chicken stock

- 1 cup halved snow peas
- 3/4 cup chopped red onions
- 3/4 cup each chopped red and green peppers
- 1/2 cup corn kernels
- 2 green onions, chopped
- 2 tbsp toasted pine nuts
- 2 tbsp lemon juice

Health Solutions

Up in the spring ramp

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I recently asked a friend if she liked ramps. Her response was, "What the @$#! are they?"

Only the best thing to happen to spring in a long time. Ramps are wild leeks or wild garlic, depending on who you talk to. They grow across the country in sandy, moist hilly places, often near water. But it is illegal to forage for them in Quebec, where they are protected. Leave the foraging to the hunters and head to a farmers market this month.

Culinarily, both the leaves and bulb are edible and they taste like a cross between onions and garlic. Given their short growing season, you want to add them to just about every pasta, pizza, soup and sandwich spring brings.

Susan Quast at Quast's Garden Gate in Flesherton, Ont., is part of the Grey County Chefs' Forum. She says, "Sauté them in a little butter and then add them to a favourite recipe. You can add them to your salads, chopped with raw potent flavour. The leaves, which are less potent than the bulb, can be used as a wrapper for crab meat appetizers." THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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Step up your BBQ

Preparing al fresco feasts for family and friends means stocking up on grilling essentials that will satisfy everyone. From pre-planned meals to impromptu gatherings, the burger is king, so having the right condiments on hand is key.

Chef Matt Basile, creator of the Fidel Gastro Food Truck, has teamed up with Bick's Pickles to recommend the following ideas for your barbecue.

Afternoon Dockside Gathering
Create an array of mini burger sliders made from a variety of meats, including chicken, beef and even bison. Serve on fresh bakery buns with a selection of cheeses, along with a variety of savouries, such as Bick's Mini-Crunch'ems pickles, sliced beets, and mustard.

Country Burger Buffet
Why not set up a marché style spread that will satisfy everyone's burger tastes? Offer a wide variety of toppings and spreads including: cheeses like cheddar, swiss, or blue; mayo, mustard, hummus, and relishes such as Bick's Hot Pepper Relish and sweet corn. And don't forget the all-important crunch factor with dill pickles.

Aussie Burger

This recipe serves one. NEWS CANADA

Ingredients

- 1 tbsp (15ml) mayonnaise
- 1 tsp (5ml) chipotle sauce
- 1 hamburger bun
- 1 beef patty
- 3 slices peeled and cored pineapple rings
- 2 slices of crunchy Sandwich Savers Extra Garlic Pickles
- 4 slices of Bick's Sliced Beets, drained
- 1 tsp (5ml) butter
- 1 egg

This Burger Has It All
Why not make it spicy and extra crunchy with hot pepper relish and smoked cheddar cheese topped with bacon, hot pepper rings and some extra garlic pickles? Or, says Bick's, go with an Aussie inspired burger that's topped with sliced beets, grilled pineapple slices, a fried egg and most importantly, Sandwich Savers Extra Garlic Pickles.

1. Combine mayo and chipotle sauce and spread on bun.

2. Grill beef patty on high until no longer pink in centre. Place pineapple rings on grill. Grill 1 minute per side, then remove. Place 1/2 of pickles, 1/2 of beets and 2 slices of pineapple on bottom bun. Top with burger and remaining pickles and pineapple. Melt butter in small skillet. Fry egg until crispy and brown. Place on top of burger toppings and replace bun.

NEWS CANADA/BICKS.CA

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1. Notice to Melissa Martin, born May 20, 1979, a case has been started against you in the Superior Court of Justice at 7755 Hurontario Street, Brampton, Ontario L6W 4T6. The court may make an order in this case that may affect your rights. You can get more information about this case by contacting the court's family division directly at telephone number (905) 456-4700. If you do not come to court, an order maybe made without you and be enforced against you.

The family law office of Kavita & Associates is seeking the public's assistance in locating Melissa Martin, who was last seen in Toronto, Ontario in April 2011. Melissa is described as a 33 year-old Black female. Members of the Martin family are concerned for Melissa's well-being, therefore anyone with information regarding her whereabouts are asked to contact Charles Mota of Kavita & Associates at telephone number (905)497-6806 or their local police service with reference to this advertisement.

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Tips to turn the first date into many more

Dating coach. Advice from Amber Madison, a Manhattan-based relationship expert and the author of Are All Guys A–holes?

Don't talk only (or mostly) about yourself
So you've travelled to every continent, do something really important/prestigious and have a bunch of funny stories exhibiting how you can kill the one-liners. The problem is, no one likes to be talked at — even if it's really impressive. There can be a rush to get out all of the positive things about yourself on the first date to try to keep the other person interested. But if you're so concerned about how you're coming across, you're not actually connecting with the other person … which, you know, is sort of what the date is about.

Don't be difficult to pin down
If your next free night is three weeks from this Tuesday, maybe this isn't the best time in your life to be starting to date someone.

Don't go out to dinner
First of all, if you're a guy this can start to add up fast. But more than that, dinner is a high-pressure situation where you're forced to keep up the conversation because there are no other distractions. This doesn't exactly lend itself to you putting your best foot forward. Instead of dinner (or even drinks) plan an activity date.

Ask job interview questions
The things we talk about on a first date tend to do with where we grew up, went to school, or what we do for a living … all things that are painful to talk about repeatedly and don't actually get to the crux of who a person is. If you want your first date to be fun and stand out, ask things more along the lines of: what is the creepiest thing you've ever done? What's the closest you've been to getting arrested? Have discussions about getting along with siblings/parents, what you think makes a good movie, whether brunch is awesome or an overpriced breakfast. Really have a conversation together, don't just take turns reciting your resumés.

Don't start planning your wedding
So the date went well? Awesome. But don't let your fantasies get the best of you and convince yourself that this is The One. The truth is, after one date — even a great one — you just don't know someone that well yet. So stay open minded to both the good qualities and the bad instead of painting a full picture of the person you just met based on your very limited information.
METRO

This couple's first date might be their last. Don't let that happen to you. ISTOCK IMAGES

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Europe 17-Day Tour was $2290 now $1947
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New rules for authorized credit card users

Alison on money.
Putting a cap on monthly spending helpful for parents of students

YOUR MONEY
Alison Griffiths
money@metronews.ca

I pay scant attention to announcements from my credit card company. Mostly they're telling me about higher fees, restrictions in benefits or otherwise trying to sell me something.

But recently CIBC announced a change to authorized user rules for its credit cards. This got my attention.

A primary user can now set a monthly spending maximum for each authorized user. This could benefit parents with students studying, working or interning away from home.

For example, parents paying all expenses for graduates on an unpaid internship might set a high limit. A college or university student living at home might have a lower limit with the agreed use restricted to something like gas for their car.

Setting up a student as an authorized user can offer peace of mind for parents in case of emergencies, but you don't want to put too much credit temptation in front of them.

I have one caution. For emergencies, such as a plane ticket home, the limit must be relatively high. If it is used, the limit is automatically reset the next month, giving the student access to a new amount of credit.

However, the primary user can raise or lower the authorized user's limit during a given month.

Setting up a student as an authorized user can offer peace of mind for parents. ISTOCK IMAGES

It is important to have a clear agreement for authorized users. For students, insist on a monthly spending report. This will help young people take responsibility for their spending and is the first step to making a budget.

But parents must still keep watch online and don't let any transgressions slide.

Another possible reason to have an authorized user is when a family member has gone through a bankruptcy and doesn't yet qualify for a credit card. I have done so in the past but would have felt a lot better being able to place a limit on total spending.

Employers might also find it handy to name employees as authorized users and set a limit for business spending.

But in the end, it's still up to the primary user to keep track of spending.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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Keeping the creative career in constant motion

Start your art. You're sure the right side of your brain will bring you business, but what's the right way to begin?

DOUG SMITH
Metro World News in New York

There is both professional and personal risk involved with choosing a creative career. "Anyone pursuing a creative career should realize it's a job. A fun job. However, discipline is essential and like an athlete, dancer or musician, practice and challenge yourself constantly to get better," says B. Jeffrey Madoff, a Parsons School of Design faculty member and teacher of his self-designed course, Creativity: Making a Living With Your Ideas.

How do you approach building a creative career with your students?
As a teacher, my job is to provoke, entertain, disrupt and educate. I crack jokes, make outrageous things up, call on students randomly to include everyone in the discussion and most importantly, create an environment where the students will feel safe so they will not be afraid to speak up.

What would you say to someone who believes they have failed at making a creative career work?
It's important to define what failure is for you. If a person has failed in their pursuit, it's important to understand why. Failure can be a terrific learning experience. Failure, to me, is not trying. As long as I keep trying and keep learning, I haven't failed.

What are some motivational tips for people wanting to get a creative career underway?
Motivation is why you do something: for money, fame, approval and satisfaction. It's up to the person to keep themselves motivated by what they hope to get out of what they do. One can be supported and encouraged by others, but the motivation has to come from within. Creativity to me is a passion to affect change. Passion is internal. Follow your passion.

Remembering your passion for this profession will keep you shooting for the stars. ISTOCK

Are there ways to take a current career and make it creative?
Frank Zappa defined music as "any sound you can control." It's all about how you look at what you do and how you act on it. Music, painting, boxing, mathematics; everything can be creative or drudgery. A creative person discovers the ways to make what they do interesting.

What you need to succeed

Cruising through the creative field may require:

- The clarity to determine where and how one wants to apply their creative efforts.
- An awareness of the distinctive difference they can bring to that pursuit and the ability to articulate that difference to the gatekeeper you need to get through, e.g. investors, employers, consumers, etc.
- The knowledge that there is a market for what it is they want to create.
- Not being paralyzed by the fear of risk or failure, because if you are afraid of either you will never do anything interesting.
- Thick enough skin to persevere through the inevitable rejection and criticism you'll receive.

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What's in store

It's a nerd's world, after all

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: A Nerd's World

What: A photo and graphic design shop. Portraits shot using film (no digitals allowed) are the specialty

Where: 986 Bathurst St., Toronto

Why: "I'll borrow a popular saying I've often heard to answer this: A digital camera creates images, where a film camera creates a photograph," says co-owner Chris Hughes

Chris Hughes and his wife Grace Hughes boast a personal collection of more than 300 vintage cameras, including the rifle-shaped one he is holding in the photo. METRO

It's a nerd's world and we just live in it.

At least according to Chris Hughes and his wife Grace Hughes.

Although they call themselves nerds, Chris, Grace and their six full-time employees are no social outcasts. They're simply passionate about their photo kingdom.

Their storefront, which is more geek-chic-museum than a traditional office, pays a homage to vintage film cameras, which they own in spades.

"Everything we do is affordable," he says about their one-on-one photo workshops that range from $100 to $300. "I've heard so many nightmare stories about 'mandatory print prices' or 'processing fees' from friends and it makes me mad," says Chris. "What you see is what you get."

What makes their shop truly unique? The hauntingly beautiful portraits showcased in the gallery portion of the store.

In a city where digital photographers are in no short supply, their evocative black-and-white images speak to a time when photography was an emotional art form. Think of the work of Yousuf Karsh.

"A lot of people are cookie-cutter, but we like to mix our style with everything. We like to have that unique approach while others may like things standard," Grace says.

"We have beautiful, raw photos of (Chris and myself) on our back wall that others might not include in a gallery, but we did it because we want to be real and authentic and this will hopefully show that to people who walk in."

Tour Chris and Grace's vintage studio and check out the behind-the-scenes video of my photo shoot with the team at metronews.ca.

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SPORTS 4

Dickey helps deliver Victoria Day victory

MLB. Knuckleballer throws eight innings and Jays offence cashes in on Tampa Bay walks to top AL East-rival Rays

On Sunday

Blue Jays	Rays
7	5

R.A. Dickey and the Blue Jays found the win column, notching a valuable victory against an American League East opponent, but remain very much a work in progress.

Toronto needed Tampa Bay to help its cause Monday, with Rays reliever Josh Lueke walking four — one intentionally — in an ugly seventh inning that propelled the Jays to a 7-5 win in a sun-splashed Victoria Day matinee.

Dickey (4-5) scattered four hits over a season-high eight innings, striking out five and walking four in his team-leading seventh quality start of the season. The 38-year-old, who has suffered neck and back issues, says he has a ways to go yet — both with his health and knuckleball.

"It's still pretty inconsistent. I'm still walking more guys than I hope to, which is causing my pitch counts to be higher," said Dickey, who had ice on his right knee after the game. "That should have been a game where my pitch count should have been around 100 pitches after eight (innings) and I went 120-something.

"But you've just got to keep grinding it out. I've felt like I've been stuck in a quagmire for the last week, two weeks. So it's nice to feel like you've got at least one foot out of it."

He threw 120 pitches, 72 for strikes, was charged with just two earned runs and did not give up a hit after the fourth inning. He had good movement on the knuckleball but found it hard to control.

The underperforming Jays (18-26) entered the game having lost their last two while the resurgent Rays (23-21), sweeping Baltimore to open a six-game AL East road trip, had won three straight and nine of their last 11.

Toronto is now 9-17 against AL East opponents.

A crowd of 29,885 took in the start of a nine-game homestand that also includes visits by Baltimore and Atlanta.

Edwin Encarnacion provided the key offence, doubling home three runs in the seventh inning.

Lueke (0-1) has only himself to blame after walking Emilio Bonifacio, Munenori Kawasaki and Jose Bautista with the game knotted at 3-3. Encarnacion, who has reached base safely in 22 of his last 25 games, then slammed a swerving ball into left field to clear the bases.

Kawasaki added a run in the eighth inning, driving in Henry Blanco with a triple.

THE CANADIAN PRESS

Blue Jays first baseman Edwin Encarnacion hits a seventh-inning, three-run double off of Rays pitcher Josh Lueke on Monday at Rogers Centre. The Jays beat the Rays 7-5. CHRIS YOUNG/THE CANADIAN PRESS

Short-fused shortstop?

"I don't think he was doing anything directed to me. We were teammates. I had nothing wrong with him."

Jays closer Casey Janssen on former teammate Yunel Escobar who hit a two-run homer with two out in the ninth to narrow the lead to 7-5. Escobar, who was traded away from Toronto in November after writing a homophobic slur on his eye black, celebrated as he crossed home plate, making a safe sign.

Toronto Raptors

Colangelo to make switch to 'corporate role' with MLSE, sources say

All signals point to Bryan Colangelo staying with Maple Leaf Sports and Entertainment but in a role away from basketball.

According to multiple sources, Colangelo will assume a senior management position within the conglomerate and the search for a new president and general manager for the Raptors will continue.

There is no official word on what Colangelo's duties will be or official confirmation from the company, but he will have a "corporate role." Colangelo has been tightly aligned with minority owner Larry Tanenbaum throughout his tenure with the Raptors.

MLSE had an option year on Colangelo's contract as the chief Raptors executives and sources told Torstar News Service the decision was up against a Monday deadline.

The leading candidate to replace Colangelo is former Raptors executive Masai Ujiri, who is currently the executive vice-president of basketball operations for the Denver Nuggets and the reigning NBA executive of the year. TORSTAR NEWS SERVICE

Bryan Colangelo's days as Raptors general manager are over according to multiple sources. THE CANADIAN PRESS FILE

Throw down in Motown: Wings rough up Hawks

Red Wings defenceman Jakub Kindl checks the Blackhawks' Brandon Saad during Game 3 in Detroit on Monday. PAUL SANCYA/THE ASSOCIATED PRESS

NHL playoffs. Detroit takes 2-1 series lead on Presidents' Trophy winner in Western Conference semifinal

Gustav Nyquist and Drew Miller scored 31 seconds apart midway through the second period and Pavel Datsyuk restored a two-goal lead in the third to help the Detroit Red Wings beat the Chicago Blackhawks 3-1 Monday night to take a 2-1 lead in the second round series.

Patrick Kane scored 4:35 into the third period to pull Chicago within one. The Blackhawks celebrated as if they tied the game about a minute later, but Andrew Shaw's goal was waved off because he was in the crease.

Datsyuk's goal 6:46 into the final period gave the Red Wings a 3-1 lead.

The seventh-seeded Red Wings have a shot to put the top-seeded Blackhawks on the brink of elimination Thursday night in Game 4.

Detroit's Jimmy Howard made 39 saves and Corey Crawford stopped 27 shots.

Chicago has lost consecutive games for the first time in nearly two months.

The Blackhawks began the lockout-shortened season by setting an NHL record with at least a point in their first 24 games, ended it with a league-high 77 points and avoided having a three-game losing streak during the 48-game campaign.

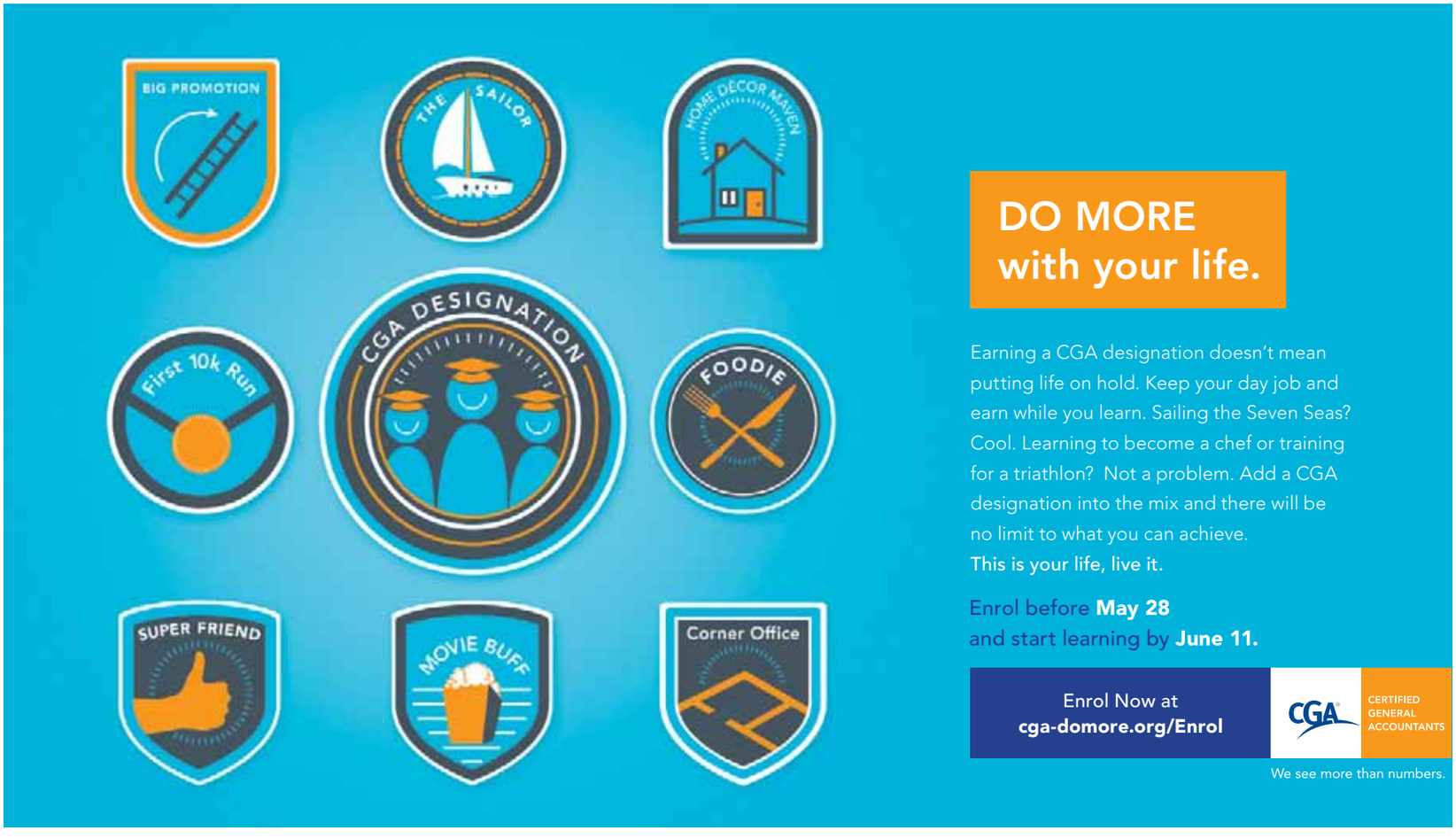
THE ASSOCIATED PRESS

Game 3

3	1
Red Wings	Blackhawks

Four-way tie at 1-1

Portland Winterhawks goaltender MacCarruth stops a shot from London Knights forward Bo Horvat during round-robin action at the Memorial Cup in Saskatoon on Monday night. The Winterhawks won 6-3. Through four matches, all four teams in the tournament — which also features the Halifax Mooseheads and Saskatoon Blades — have won a game and lost a game. LIAM RICHARDS/THE CANADIAN PRESS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Horoscopes

♈ Aries
March 21 - April 20
If you believe in what you are doing with all your heart, nothing can stop you. The Sun is now moving through the communications area of your chart. It should make it easy to get others to do your bidding.

♉ Taurus
April 21 - May 21
If you have a secret of some sort, you must keep it to yourself today. The moment you let one person in on the details, everyone will know. Some people are such gossips.

♊ Gemini
May 22 - June 21
Although the Sun is now moving through your birth sign, it seems you are still worrying about mistakes you made in the past. Why? Yesterday is over and done.

♋ Cancer
June 22 - July 23
You must expect to be more emotional about certain things over the next few weeks while the Sun creeps through the most sensitive area of your chart. Control those emotions but don't deny them.

♌ Leo
July 24 - Aug. 23
Try to stand back from what you are doing and see the bigger picture. You have come a long way in a short space of time and it's likely that you have veered a little off course.

♍ Virgo
Aug. 24 - Sept. 23
You can sense that huge responsibilities are coming your way and no doubt that makes you want to hide under the duvet until they pass. That won't help in the slightest. Get out there and get busy.

♎ Libra
Sept. 24 - Oct. 23
You don't need to bludgeon your way to success. Libra is one of the more subtle signs of the zodiac, so find ways to get what you want without making a big noise about it — and certainly without making more enemies.

♏ Scorpio
Oct. 24 - Nov. 22
Different people will tell you different things today and if you are smart, you will ignore every last word of it. Your sixth sense is all you need to work out what is really going on.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have something to say then get to the point quickly because those you deal with today won't be in the mood to listen to long explanations. Save the speeches for when you got their attention.

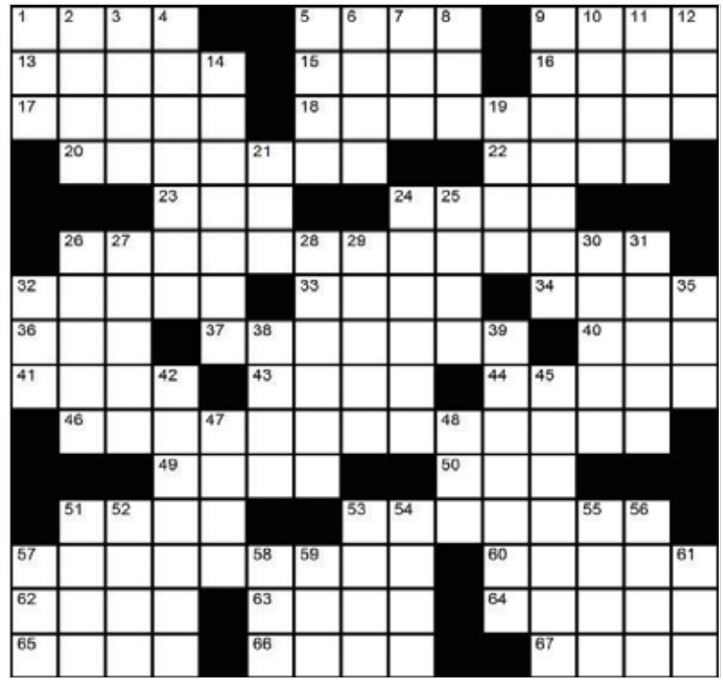
♑ Capricorn
Dec. 22 - Jan. 20
You've been so busy in recent weeks that you may not realize how much energy you have expended and how tired you are. The Sun's move through the wellbeing area of your chart urges you to slow down.

♒ Aquarius
Jan. 21 - Feb. 19
The only reason a colleague is being so critical is because they resent your success. There is nothing they can say to take away what you have earned so there is no need to fear them.

♓ Pisces
Feb. 20 - March 20
Matters close to home will take up a lot of your time over the next few days, so you will need to arrange your timetable with care so you have time to fit everything in. SALLY BROMPTON

Crossword: Canada Across and Down

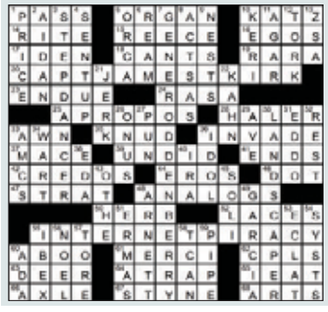
BY KELLY ANN BUCHANAN



Across
1. Comes with it, for short
5. Mr. Davis, Toronto-born broadcaster who hosted #57-Across
9. Pre-hatched chick homes
13. Ancient Greek city-state
15. Four-stringed instrs.
16. Prefix to 'script' (Written record from court)
17. Subway station's ticket area/entrance
18. Winnipeger who hosted #46-Across: 2 wds.
20. Journeys
22. Let up
23. Tee/ball/club org.
24. Gr.
26. PEI's provincial capital
32. Folk classic: "If _ __ _ Hammer"
33. Early-'80s hit: "_ __ (So Far Away)"
34. Thailand neighbour
36. Nada
37. Doesn't implement properly
40. "The Voice" network
41. Thomas Edison's middle name
43. Shipped off
44. Calculator ...when using the + sign
46. Classic game show since 1963: 4 wds.
49. Place
50. Canuck, for short
51. A birthstone for Libra
53. Pillar with a pyramid-shaped top
57. Classic Canadian quiz show, "__ __ Challenge"
60. Don't dine out: 2 wds.
62. Tenant's payment
63. Ringlet
64. Coin insertion places
65. Aquatic organism
66. Keel part
67. Disgorge

Down
1. Online ID addresses
2. Without a flat-screen, e.g.: 2 wds.
3. Greek Myth: Muse of history
4. Frog's furniture: 2 wds.
5. Seethe
6. Some old theatres
7. Poetic nightfall
8. Summer hrs. in Ottawa
9. Gasoline additive
10. Pate de foie __
11. Strong wind
12. Lorne Michaels' li'l show
14. Canadian distiller, Joseph E. __ (b.1841 - d.1919)
19. Today, tomorrow ...tiny-ly
21. 4 qts.
24. _ __ of honey
25. 'Kero' add-on (Camping lamp)
26. Relax
27. Bisect
28. Bird: French
29. Grand __ Railway
30. "A Fish Called __" (1988)
31. __ Peace Prize
32. 'Tsar' suffix (Russian empress)
35. Computer monitor [abbr.]
38. 2002 Jennifer Lopez album: 'This __ __... Then'
39. Equipment for equestrians
42. __, Georgia
45. Turndowns
47. Clay-ish stuff
48. Type of tennis serve
51. Mr. Hershiser
52. Vintage video game
53. Fiend
54. Brussels is its cap.
55. Street sign
56. Tailed toy
57. Renaissance painter, __ Angelico
58. Li'l Dell products
59. Sea diver
61. Australian state [acronym]

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	7	6	1	8	2	3	9	5
3	1	8	9	5	4	6	2	7
9	5	2	6	7	3	8	4	1
5	9	3	4	2	8	1	7	6
1	2	7	3	6	5	4	8	9
8	6	4	7	1	9	5	3	2
2	3	1	8	9	6	7	5	4
7	4	9	5	3	1	2	6	8
6	8	5	2	4	7	9	1	3

Today's Sudoku

			8	2			5	7
6	9			7	1			3
	1				8		7	
	5	4				1	3	
	7		4				6	
7			9	3			2	8
9	2			6	5			

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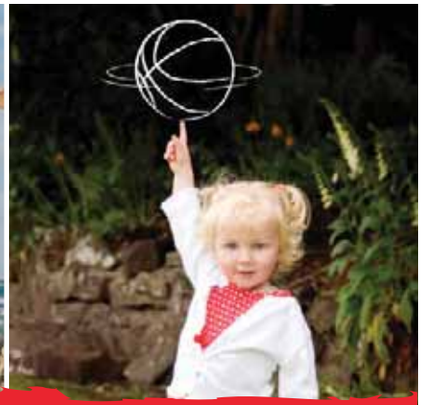

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